Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-17 (canceled)

18. (NEW) A computer-aided method for improving a user's emotional state comprising:

    a.   receiving from the user:

        i.   attributes of emotion perceived as influencing his general emotional state,

        ii. a weighting factor for each of said attributes of emotion representing a degree of influence each of said attributes of emotion bears on his general emotional state,

    b.   receiving from the user an emotion feeling input representing the emotion feeling of the user at a particular moment,

    c.   applying an algorithm to said emotion feeling input so as to generate a happiness-index reflective of said user inputted attributes of emotions and said associated weighting factors, and

    d.   providing a recommendation for the improvement of the user's emotional state based on said happiness-index.

19. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attributes of emotion as a written input.

20. (NEW) The computer-aided method for improving a user's emotional state of claim 19 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a written input selected from a written list of emotional attributes.

21. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a verbal input.

22. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said happiness-index is expressed in terms of a visual representation of rating enabling comparison to other generated happiness-indexes.

23. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said representation of rating is expressed in terms of an audiovisual presentation.

24. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing said recommendation drawn from a data base containing an emotional profile similar to that of the user.

25. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a qualified psychological   professional who provides said recommendation.

26. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a group of individuals that provides support and assistance.

27. (NEW) The computer-aided method of claim 18 further comprising receiving updated attributes of emotion and associated weighting factors to be used by said algorithm in future happiness-index calculations.

28. (NEW) The computer-aided method of claim 18 further comprising storing said inputted attributes of emotion, said associated weighting factors, said inputted emotional feeling and said recommendations into a collective emotional-profile data bank for the sake of improving future recommendations.